

CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

GILES S. PORTER, M.D., Director

Weekly Bulletin



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GUY P. JONES
EDITOR

Rural Health Problems

Dr. Warren F. Fox of El Centro, Health Officer of Imperial County, recently delivered an address upon the subject of rural health problems before the Arizona Public Health Association. The following extracts from Dr. Fox's address provide valuable information for the use of health officers who may serve in rural districts:

"That the whole-time county health unit is the proper agency for public health administration within a county, is the conclusion now arrived at by many students of public health and governmental administration. There are, perhaps, a few sections of the country where this would not be applicable due to their form of general government. That the value of full-time county health units has been recognized is shown by the fact that from 13 full-time units in 1915, this service has now grown to more than 500 in 1930.

That there should be the utmost cooperation between these units, whether in the same State or not, is a point we should consider. The interchange of bulletins on the prevalence of communicable disease is very important. Advising health officers that cases of contagious diseases or contacts of such diseases, have moved into their territory, including the venereal diseases as well as tuberculosis, is good public health. The tax paying citizen, as he becomes more public health minded, will demand more of this efficient handling of contagious disease. He will

realize that it works both ways and may prevent an epidemic in his own community. * * *

Typhoid fever is often a serious problem to the county health officer. Especially is it menacing when most of the domestic water supply is obtained from open irrigation ditches or contaminated streams.

In our own county, we have 2460 miles of open irrigation ditches. To be sure, the cities have treatment plants, first settling the water and in some instances then filtering it, and finally chlorinating the water. Thus, the water served almost two-thirds of our citizens is a safe product.

On the other hand, many of our citizens in the unincorporated area of the county must necessarily drink raw untreated ditch water or must boil it or must use bottled water or get their supply from a city source. In a few instances, ranchers have developed ditch filters which have proven very satisfactory but, of course, are untreated. Generally speaking, the ditch water is poured into metal drums and settled. One or more drums are located on the ditch bank and one or more near the ranch house. Contamination of such water is, of course, easily possible and this system together with "food, fingers and flies" undoubtedly makes for secondary cases of typhoid fever.

Obviously, it is impractical to patrol over 2000 miles of irrigation ditches every minute of the day and even if it were, some contamination would occur.

Dairy stock, beef cattle, hogs, etc., will break through fences and occasionally get into ditches. During warm weather, the small boy in the family likes to go bathing and he sometimes does—finding his favorite swimming hole. One of the worst obstacles we have to contend with, however, is the corral or privy on or near the ditch bank. While the tight soil formation precludes contamination of the ditch water from these sources, to a considerable extent, we feel they should be removed and hence are urging the adoption of an ordinance prohibiting the location of privies, corrals, etc., within 50 feet of all irrigation ditches.

When we have conditions like this to face, what is the remedy? We can enact and enforce legislation as outlined, we can advocate boiling all raw, untreated ditch water or the use of a definitely known safe water supply, but in the last analysis, we must depend upon antityphoid vaccination.

In our county, we have recently completed our antityphoid program in one part of the county, having given the complete protective treatment of three injections of triple typhoid vaccine one week apart, to 1568 persons, two injections to 1671, and one injection to 2027 persons.

We are adopting the plan to issue a certificate of typhoid vaccination to each worker receiving the three treatments and are suggesting to the operators of labor camps and employers of large numbers of field workers, that they make this vaccination compulsory before employing any laborer.

We feel that this program should be emphasized. When transient laborers and other field workers are educated to this point and when they realize that this protective treatment may be received at the office of any city or county health department, and that if they start the treatment in one community or State, they can complete it in another, the constant threat of typhoid fever in these parts of the United States will be lessened materially.

Vaccination against typhoid protects one for at least six years according to the observations of Dr. J. J. Sippy in the San Joaquin district, California. This conforms the belief of many health officers that protection is afforded for a longer period than three years.

In studying our typhoid cases, we have been unable to incriminate to date any dairies or carriers."

ANNUAL MEETING OF THE WESTERN BRANCH OF THE AMERICAN PUBLIC HEALTH ASSOCIATION MAY 29, 30 AND 31 AT PASADENA.

ACCIDENT PREVENTION CONFERENCE SCHEDULED.

An All-California Accident Prevention Conference will be held at the St. Francis Hotel, San Francisco, May 24th and 25th. This conference will be held under the auspices of the State Industrial Accident Commission, the California Safety Society, the National Safety Council U. S. Bureau of Mines, and cooperating organizations. At the opening session T. A. Reardon, Director of the California State Department of Industrial Relations, will preside and the Hon. James Rolph, Jr., Governor of California, will give the address of welcome. C. H. Fry, Superintendent of Safety, Industrial Accident Commission, will outline a plan for community accident prevention councils. On the second day of the conference Dr. John H. Graves, President of the California State Board of Public Health, will address the conference upon the subject of "Public Health and Accidents." Dr. Tully C. Knoles, President of the College of the Pacific, will address the conference at the closing dinner meeting. Among other speakers at the conference are W. H. Cameron, Managing Director of the National Safety Council, Vierling Kersey, State Superintendent of Public Instruction, Hollis R. Thompson, City Manager of Berkeley, William J. Quinn, Chief of the San Francisco Police Department, E. Raymond Cato, Chief of the California Highway Patrol, and many safety engineers from various industrial concerns. On Tuesday evening a first-aid contest will be held in which teams representing various industries and official organizations will compete.

There were 5059 accidental deaths in California in 1932. Of these, 2347 were due to motor vehicles, 1225 were due to accidents in the home, 1126 were public accidents in which motor vehicles were not involved, and but 361 accidental deaths occurred in the industries. The remarkable decrease that has occurred in industrial fatalities has resulted in the saving of more than 6800 deaths in industry alone since 1914. No such record has been made in the prevention of home or automobile accidental deaths. On the other hand, marked increases have occurred in these two groups. If individual citizens of the State were to realize the enormous and unnecessary loss of life due to these causes desirable results in their prevention might be obtained. Accident prevention is a community problem and must be solved by the community. Concerning this, C. H. Fry, Superintendent of Safety, State Industrial Accident Commission, has stated:

"No State law will minimize the accidents in a community unless that community demands of peace officers and courts that the law be enforced (the officers can not get results unless the citizens will support them) and the individual citizens assume the responsibility which their citizenship demands. Enforcement of statutes, alone, is not sufficient; there must be a sympathetic understanding of the problem, a desire to lend personal assistance and most important of all a rigid observance of safe practices by each and every individual.

"In every community there are organizations whose functions, in part at least, include accident prevention. Some of these groups give special thought to automobile accidents, some to fire, some to home accidents, and some to accidents in industry. A death in the home may be, to the dependents, much more disastrous than a death in industry. The principles of accident prevention apply to all conditions and all places.

"Industry in accident prevention is just beginning to walk, although now old enough to vote. Will it take as many years to get equivalent results in community accident prevention? The community, due to the good work of the groups interested in certain phases of accident prevention, has now reached the creeping stage. A community accident prevention council, with all groups working together, can put this child on its feet in short order."

DR. PRESTON TO RETIRE FROM OFFICE

Dr. Addison W. Preston of Visalia, who has been Health Officer of Tulare County for nearly twenty-five years, will be succeeded in office June 1st by Dr. Elmo R. Zumwalt of Tulare. Dr. Preston has served as health officer of his county for a longer term of office than is given to most health officers. Under his administration the public health of Tulare County has flourished and the people of that district owe a debt of gratitude to Dr. Preston for the unselfish service that he has provided.

The most important quality of education is flexibility. Flexibility is allied to play. Play is the essence of adaptability, and there is no prescribed pattern for it. Opportunities must be used as they come along.—Boyd H. Bode (1932).

* * * We do not yet sufficiently realize the truth that as, in this life of ours, the physical underlies the mental, the mental must not be developed at the expense of the physical * * *.—Herbert Spencer (1860).

LIST OF DISEASES REPORTABLE BY LAW

ANTHRAX	PARATYPHOID FEVER
BERI-BERI	PELLAGRA
BOTULISM	PLAGUE
CHICKENPOX	PNEUMONIA (Lobar)
CHOLERA, ASIATIC	POLIOMYELITIS (Epidemic)
COCCIDIOIDAL GRANULOMA	PSITTACOSIS
DENGUE	RABIES (Animal)
DIPHTHERIA	RABIES (Human)
DYSENTERY (Amoebic)	RELAPSING FEVER
DYSENTERY (Bacillary)	ROCKY MOUNTAIN
ENCEPHALITIS (Epidemic)	SPOTTED (or Tick) FEVER
ERYSIPELAS	SCARLET FEVER
FLUKES	SEPTIC SORE THROAT
FOOD POISONING	SMALLPOX
GERMAN MEASLES	SYPHILIS*
GLANDERS	TETANUS
GONOCOCCUS INFECTION*	TRACHOMA
HOOKWORM	TRICHINOSIS
INFLUENZA	TUBERCULOSIS
JAUNDICE (Infectious)	TULAREMIA
LEPROSY	TYPHOID FEVER
MALARIA	TYPHUS FEVER
MEASLES	UNDULANT (Malta) FEVER
MENINGITIS (Meningococcal)	WHOOPING COUGH
MENINGITIS (Cerebrospinal)	YELLOW FEVER
MUMPS	
OPHTHALMIA NEONATORUM	

QUARANTINABLE DISEASES

CEREBROSPINAL MENINGITIS (Epidemic)	POLIOMYELITIS
CHOLERA ASIATIC	SCARLET FEVER
DIPHTHERIA	SMALLPOX
ENCEPHALITIS (Epidemic)	TYPHOID FEVER
LEPROSY	TYPHUS FEVER
PLAGUE	YELLOW FEVER

* Reported by office number. Name and address not required.

MORE HONORS FOR CALIFORNIA CITIES

The Chamber of Commerce of the United States has announced that further analysis of the returns received in the National Health Conservation Contest, conducted by the chamber and the American Public Health Association, discloses the fact that Pasadena and Lodi are among the eight highest-scoring cities in the contest, regardless of population. The other six cities in this classification are: Detroit, Milwaukee, Syracuse, New Haven, East Orange and Evanston. The first returns in the contest were based upon the records of these cities in their respective classifications as based upon population. The further analysis places these two California cities among the highest scoring cities in the United States regardless of their size.

If education does not afford opportunity for wholesome recreation and train capacity for seeking and finding it, the suppressed instincts find all sorts of illicit outlets, * * * Education has no more serious responsibility than making adequate provision for enjoyment of recreative leisure; not only for the sake of immediate health, but still more if possible for the sake of its lasting effect upon habits of mind.—John Dewey (1915).

MORBIDITY***Diphtheria**

26 Cases of diphtheria have been reported, as follows: Alameda County 1, Kern County 1, Glendale 2, Long Beach 2, Los Angeles 19, Merced 1.

Chickenpox

475 cases of chickenpox have been reported. Those communities reporting 10 or more cases are as follows: Berkeley 23, Oakland 42, Fresno 12, Los Angeles County 23, Los Angeles 74, Sacramento 11, San Diego 31, San Francisco 50, San Joaquin County 11, Los Gatos 10.

Measles

1329 cases of measles have been reported. Those communities reporting 10 or more cases are as follows: Los Angeles County 207, Alhambra 28, Beverly Hills 13, Culver City 29, Glendale 29, Huntington Park 14, Long Beach 40, Los Angeles 553, Pasadena 56, San Marino 16, Santa Monica 81, San Gabriel 17, Santa Ana 21, Riverside 14, San Diego 10, Ventura County 32.

Scarlet Fever

141 cases of scarlet fever have been reported. Those communities reporting 10 or more cases are as follows: Oakland 15, Los Angeles County 12, Los Angeles 43.

Whooping Cough

569 cases of whooping cough have been reported. Those communities reporting 10 or more cases are as follows: Alameda 26, Berkeley 44, Oakland 31, Fresno County 21, Fresno 25, Kern County 13, Los Angeles County 37, Glendale 11, Los Angeles 55, Sacramento 49, San Diego 13, San Francisco 71, Lodi 17.

Smallpox

32 cases of smallpox have been reported, as follows: Alhambra 1, Long Beach 6, Los Angeles 19, Mountain View 6.

Typhoid Fever

6 cases of typhoid fever have been reported, as follows: Los Angeles 1, Maywood 2, Placer County 1, San Bernardino County 1, San Joaquin County 1.

Meningitis (Epidemic)

One case of epidemic meningitis from Fresno has been reported.

Rocky Mountain Spotted Fever

3 cases of Rocky Mountain spotted fever from Lassen County have been reported.

* From reports received on May 8th and 9th for week ending May 6th.

Trichinosis

3 cases of trichinosis have been reported, as follows: San Francisco 2, Vallejo 1.

Food Poisoning

2 cases of food poisoning have been reported, as follows: Santa Ana 1, San Francisco 1.

Undulant Fever

3 cases of undulant fever have been reported, as follows: Pasadena 1, Riverside 1, Tulare County 1.

Coccidioidal Granuloma

2 cases of coccidioidal granuloma have been reported, as follows: Sacramento County 1, Sacramento 1.

Poliomyelitis

One case of poliomyelitis from Los Angeles has been reported.

Were a young man to write down a list of his duties, health would be among the first items in the catalog. This is no exaggeration of its value for health is indispensable to almost every form of human enjoyment.—Horace Mann (1845).

Those who, in eagerness to cultivate their pupils' minds, are reckless of their bodies, do not remember that success in the world depends much more upon energy than upon information; and that a policy which in cramming with information undermines energy, is self-defeating. * * *

Perhaps nothing will so much hasten the time when body and mind will both be adequately cared for, as a diffusion of the belief that the preservation of health is a duty. Few seem conscious that there is such a thing as physical morality. * * * The fact is, that all breaches of the laws of health are physical sins. When this is generally seen, then, and perhaps not till then, will the physical training of the young receive all the attention it deserves.—Herbert Spencer (1860).
